



*Communication 1 season 12/13*

- **Next events**

**Sun Jan 20th** - Loughlinstown

14:00 – 16:00 *Astra* -v- UCC MEN

16:00 - 18:00 *Astra* -v- Kildare WOMEN

Full Men's schedule in the other attached document.

If you are a google user try to look for ASTRAHC calendar where to find all matches.

Calendar on TEAMER.NET also has been updated

- **Coaching and other courses available in Dún Laoghaire**



The Dún Laoghaire Sport Partnership (DLRSP) in collaboration with the Irish Sport Council published the calendar of courses available for 2013. Let me know if you are interested in any of these. Full calendar available at <http://www.dlrsportpartnership.ie/images/Calendar%202013.pdf>.

Among these:

Sport First Aid, Saturday 23rd February 9.00am - 4.00pm

Stillorgan Park Hotel, Stillorgan

Phase 1 Strength & Conditioning Course, Feb 16th, 17th, 23rd,

- 24th 2013, UCD Sport & Fitness High Performance Gym

<http://www.dlrsportpartnership.ie/home/latest-news/553-phase-1-strength-a-conditioning-course>

- **GARDA VETTING for all the referees, table official, coaches etc!!**

It is now LEGAL REQUIREMENT to have all refs, coaches etc vetted by the GARDA.

What is this? This is simply a verification of your criminal history.

Why this? This is part of the child protection policy. They are not interested in the points on your driving licence, neither your tax evasion, and likely not even if you robbed a bank. The main concern is to protect children (everybody under the age of 18) from people with a history as sex offenders. You should understand the importance now.

How? There is a simple form to fill out. If you are or are interested in coaching, refereeing, be a table official, or cover any position where you can be in contact with children, please get in contact with Andrea for more info

- **AstraHC's girls U14 and U16 to travel to Germany**

I believe not many of you know that AstraHC also has junior teams, and that they train regularly twice a week on Friday and Sunday. In February they will be travelling to Germany near Frankfurt for a round of friendly matches and extra training sessions.

- **End of Season and Summer handball**

we are planning to travel to Europe for some fun tournament with both our senior teams. We are still looking for a place/date that would suit the most. So far Portugal seems to be an option for July (13th to 20th).

[http://www.cm-maia.pt/index.php?option=com\\_content&task=blogcategory&id=155&Itemid=118](http://www.cm-maia.pt/index.php?option=com_content&task=blogcategory&id=155&Itemid=118)

- **REGISTRATION as member of Astra Handball Club**

All Astra players need to register for the Club for the season 2011/2013

at the link below <https://docs.google.com/spreadsheet/viewform?formkey=dHladGRWMWtLU19qUEMwOXpwaG9hYUE6MA#gid=2>

Also your yearly fee need to be paid (if you haven't done it already). Please lodge the payment on the Astra Handball Club account fill in your name in the comment area.

EBS Building Society, sort 93-90-21. CC n 41687485, Astra Handball Club

- **REGISTRATION as a member of the Irish Olympic Handball Association (IOHA)**

This registration must also be completed, and this will entitle you to play in the IOHA league

[https://www.myclubfinances.com/memberships.asp?CLb=1&LL\\_ID=497&intMF\\_ID=296](https://www.myclubfinances.com/memberships.asp?CLb=1&LL_ID=497&intMF_ID=296)

- **Intel and Dún Laoghaire Rathdown Sport Partnership like us again**

On a good note, Intel has been generous with us once again and gave us some support just before the summer. I think I mentioned this at the early AGM in March.

Also DLRSP awarded us with a grant of €700 to be used for women handball development

